

Black Beans with Corn and Tomatoes

Serves: 4 people

Preparation Time: 10 minutes

Ingredients:

- ♣ 1 15 oz. can low-sodium, no fat added black beans
- ♣ 1 cup cut tomatoes, fresh or canned
- ♣ 1 tsp chopped fresh parsley
- ♣ 1/2 tsp chili powder
- ♣ 1 cup frozen corn, thawed
- ♣ 1 clove garlic, pureed or roasted
- ♣ 1/8 tsp. cayenne pepper or more to taste

Directions:

Drain and rinse beans. In a bowl, combine beans, corn, tomatoes and garlic. Add parsley, pepper and chili powder. Combine and serve.

Cups of Fruits and Vegetables Per Person: 2

Nutrition:

Nutrition Facts	
Black Beans with Corn and Tomatoes	
Serving Size 1/4 recipe	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 25g	8%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 6g	
Vitamin A	10%
Vitamin C	20%
Calcium	4%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0
Vegetables: 0
Meat: 0
Milk: 0
Fat: 0
Carbs: 1
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.